



Midlife Matters



Taking a few preventive measures in your 40s and 50s can have a big impact on good oral health into your golden years.



- ✓ **Do** remember to take care of yourself even when you're busy taking care of others.
- ✓ **Do** be aware of your oral cancer risk and get regular screenings.
- ✓ **Do** know that people with diabetes or heart disease are more likely to have gum disease.
- ✗ **Don't** forget that you need extra calcium to keep your teeth and bones strong.
- ✗ **Don't** stand for stains if they undermine your self-confidence.